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(54) **SELF-MASSAGE ROLLER AND BOTTLE**

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(52) **U.S. Cl.**

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(2013.01)

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See application file for complete search history.

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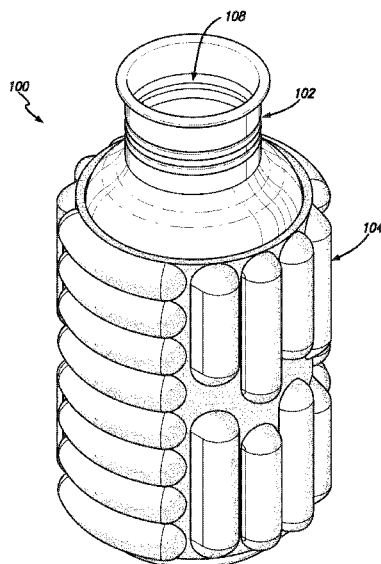
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ABSTRACT

A self-massage roller having a bottle, a covering, and, optionally, a removable cap. The bottle provides a vessel for holding liquids. The covering includes a base layer and a plurality of nubs. The base layer overlays the outer surface of the bottle. Each nub in the plurality of nubs protrudes from the base layer in a direction radially away from the outer surface of the bottle. Each nub is a massage element, and the plurality of nubs forms a textured surface for myofascial release of certain muscles of the user. In another version, each nub is attached directly to the outer surface of the bottle without an intervening base layer. In versions with a cap, the cap may include a flip-up spout, or it may have a plunger valve that opens upon pulling the plunger outward and closes upon pushing in the plunger.

21 Claims, 12 Drawing Sheets



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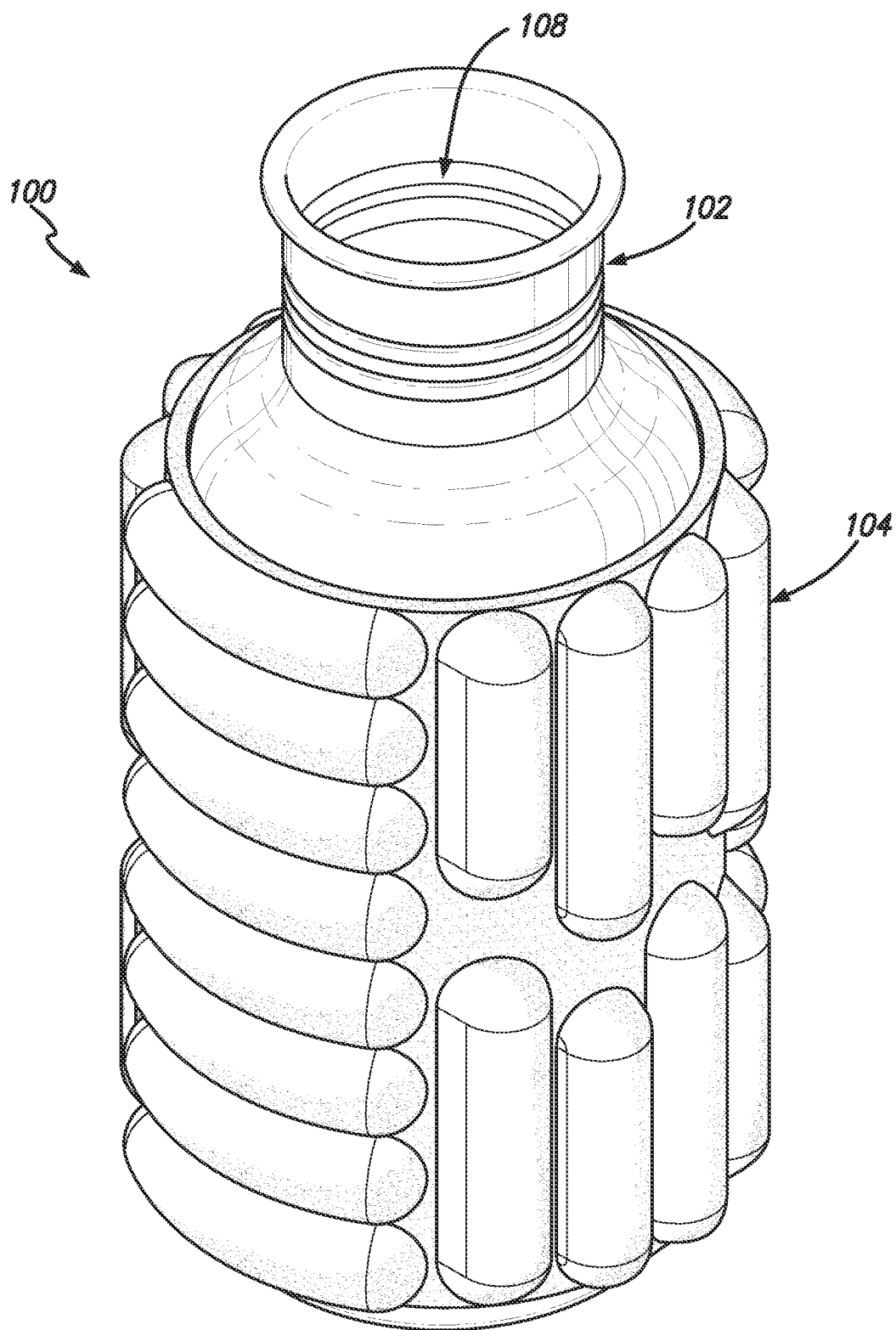


FIG. 1

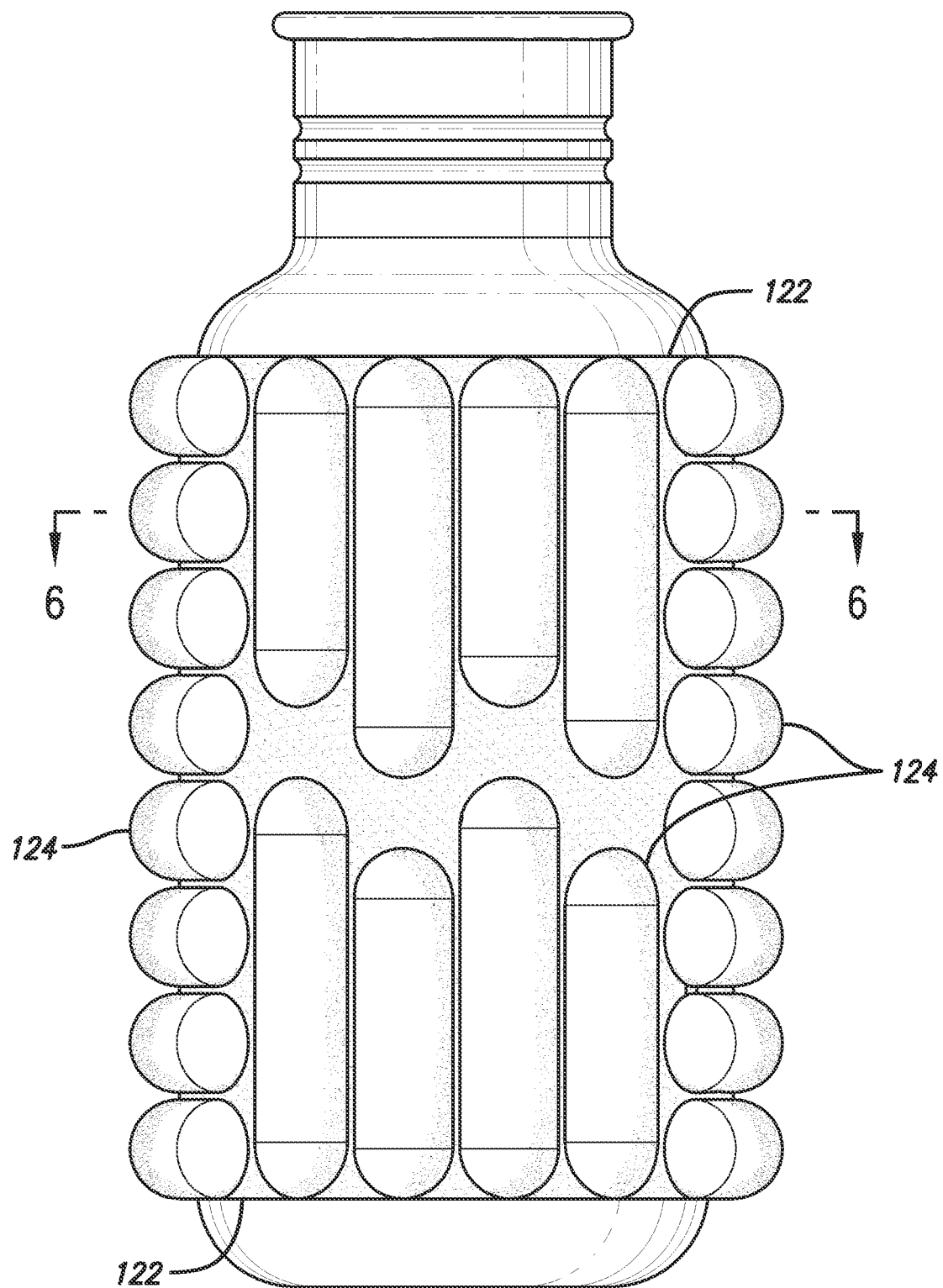


FIG. 2

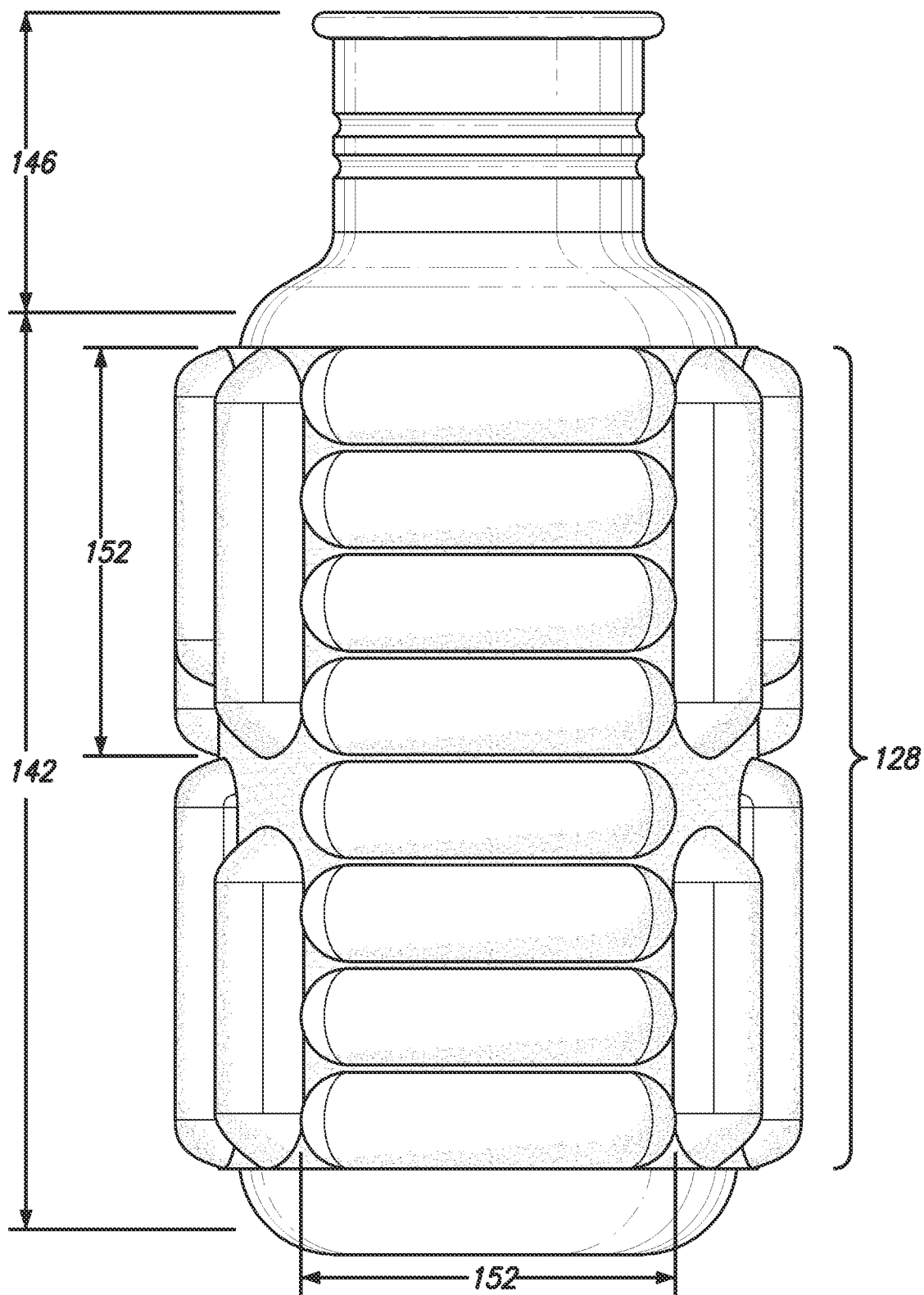


FIG. 3

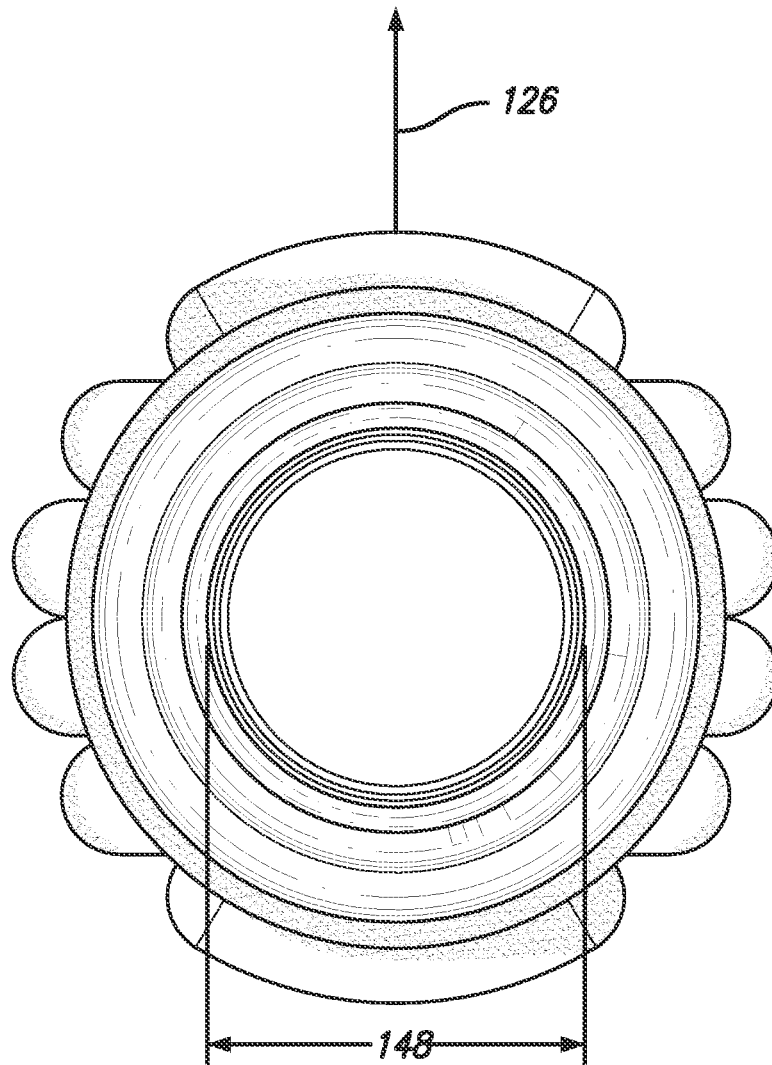


FIG. 4

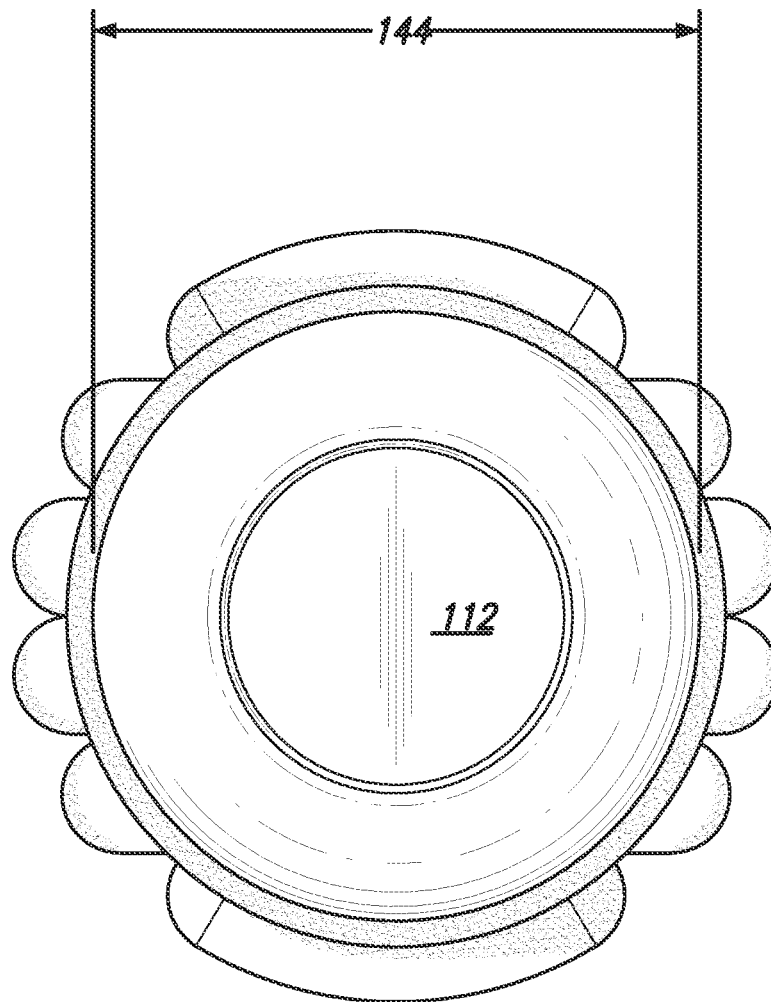


FIG. 5

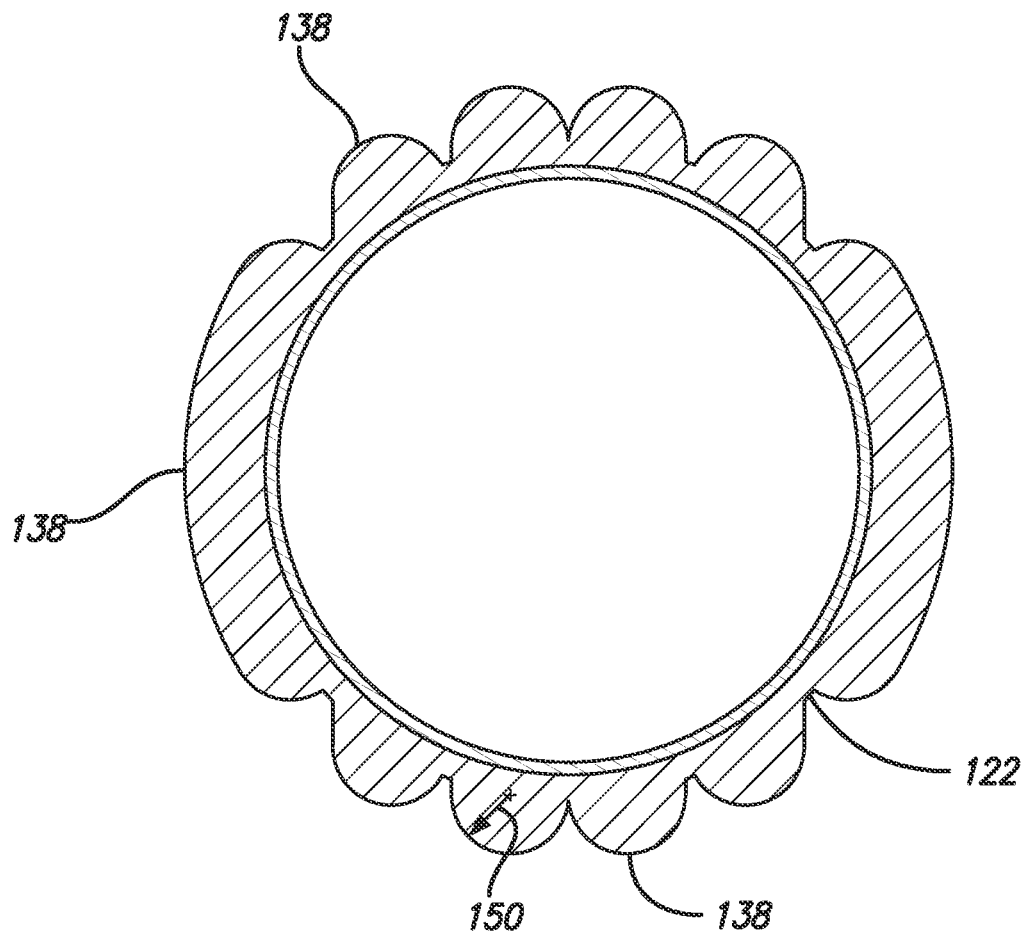


FIG. 6

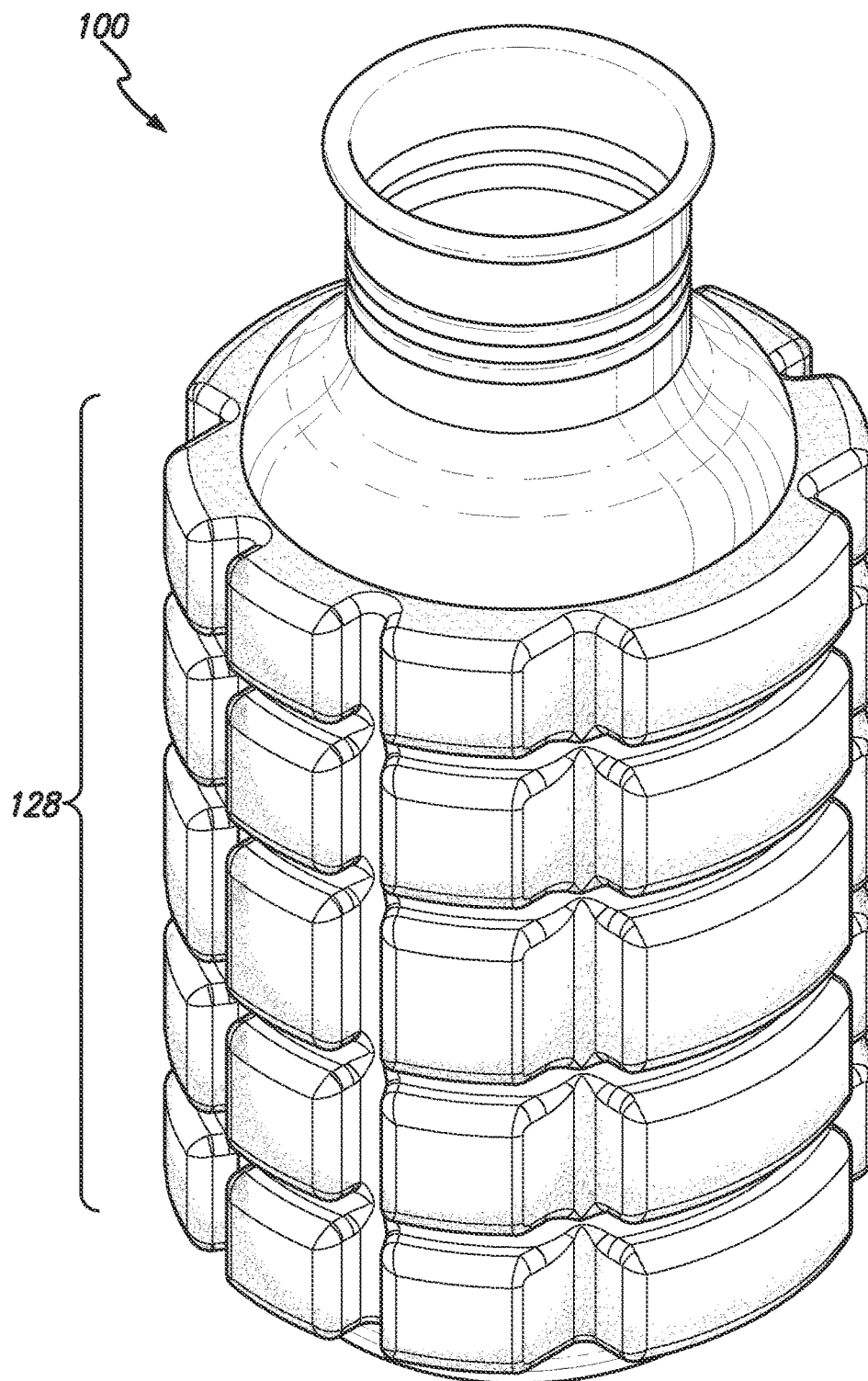


FIG. 7

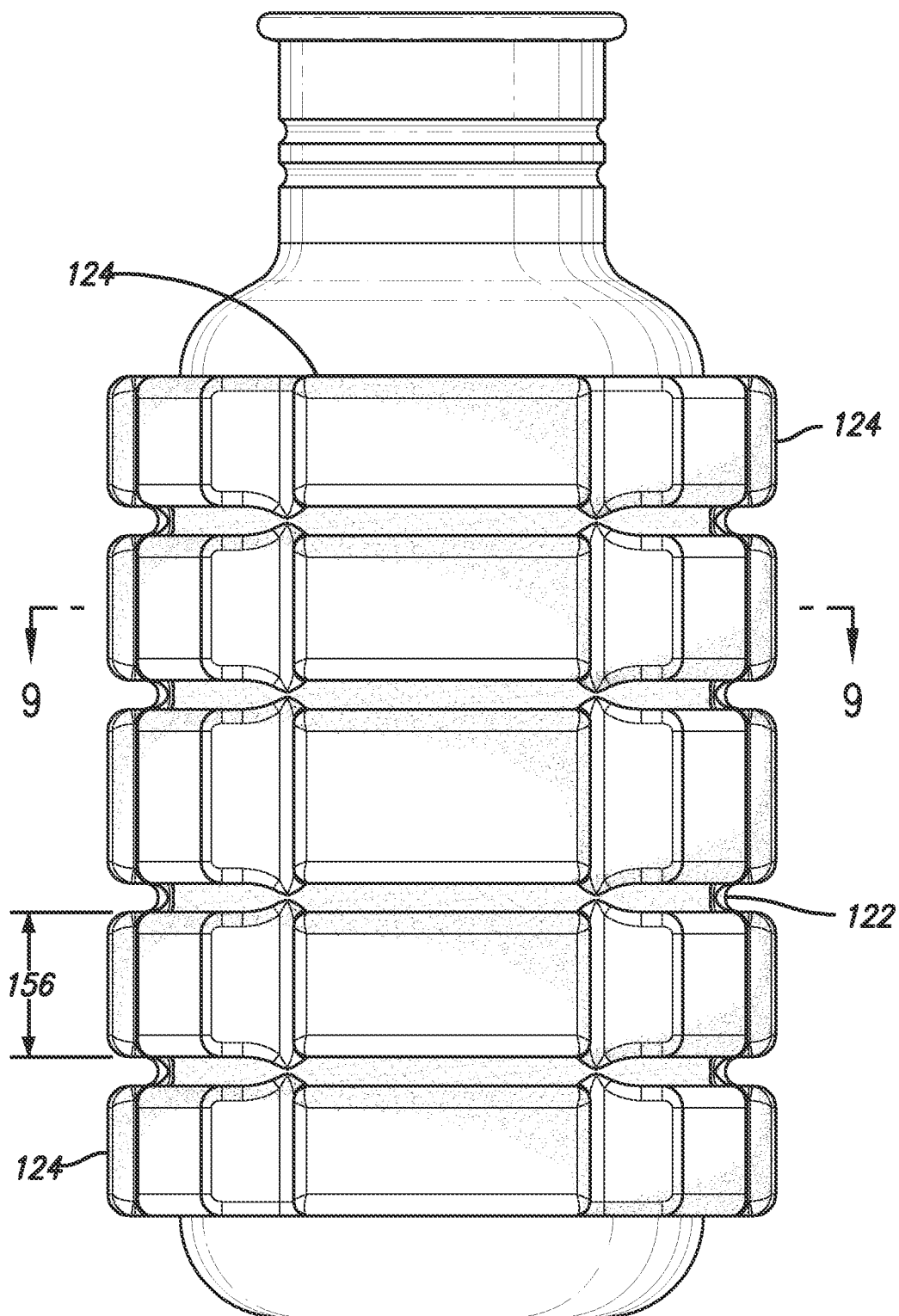


FIG. 8

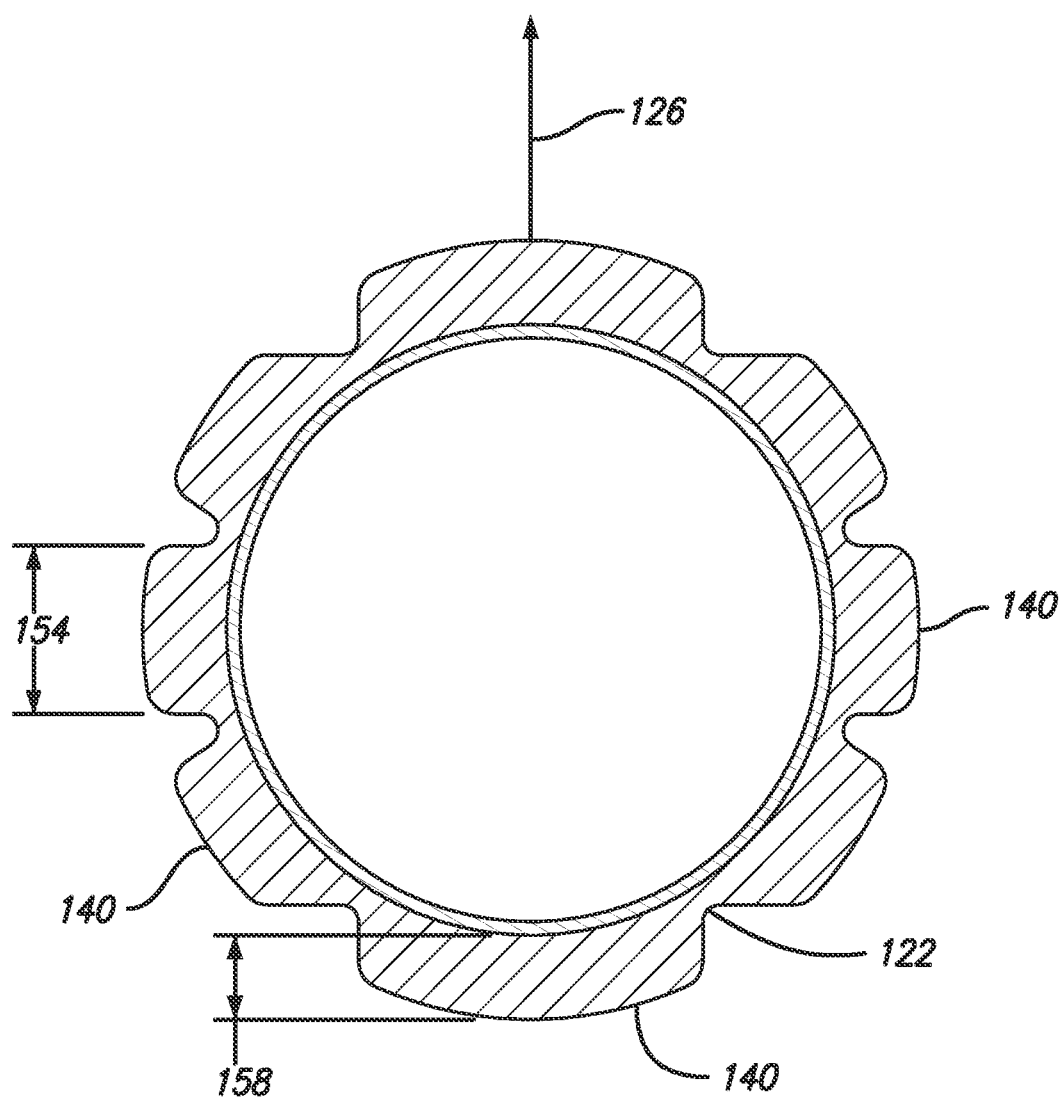


FIG. 9

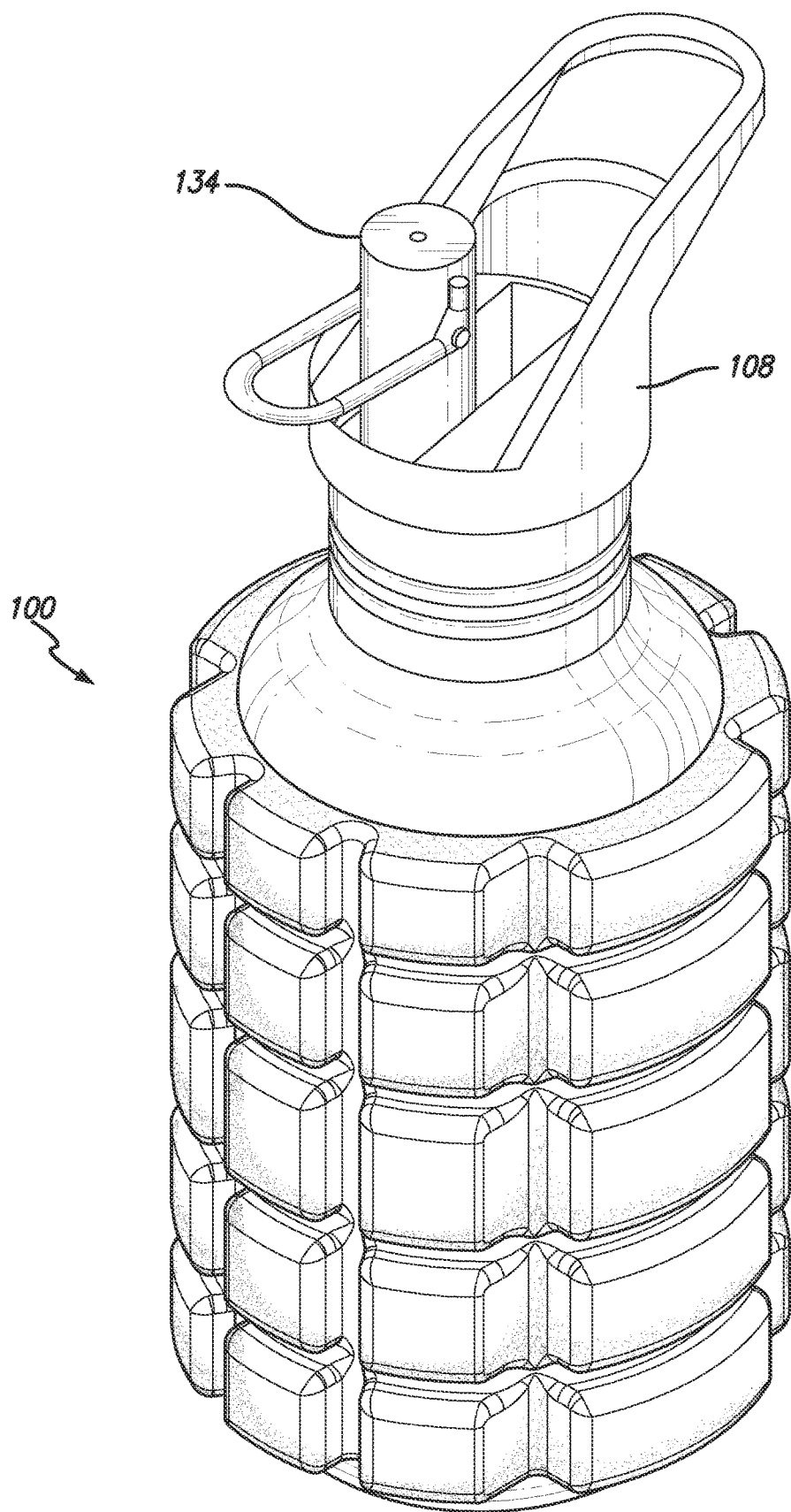


FIG. 10

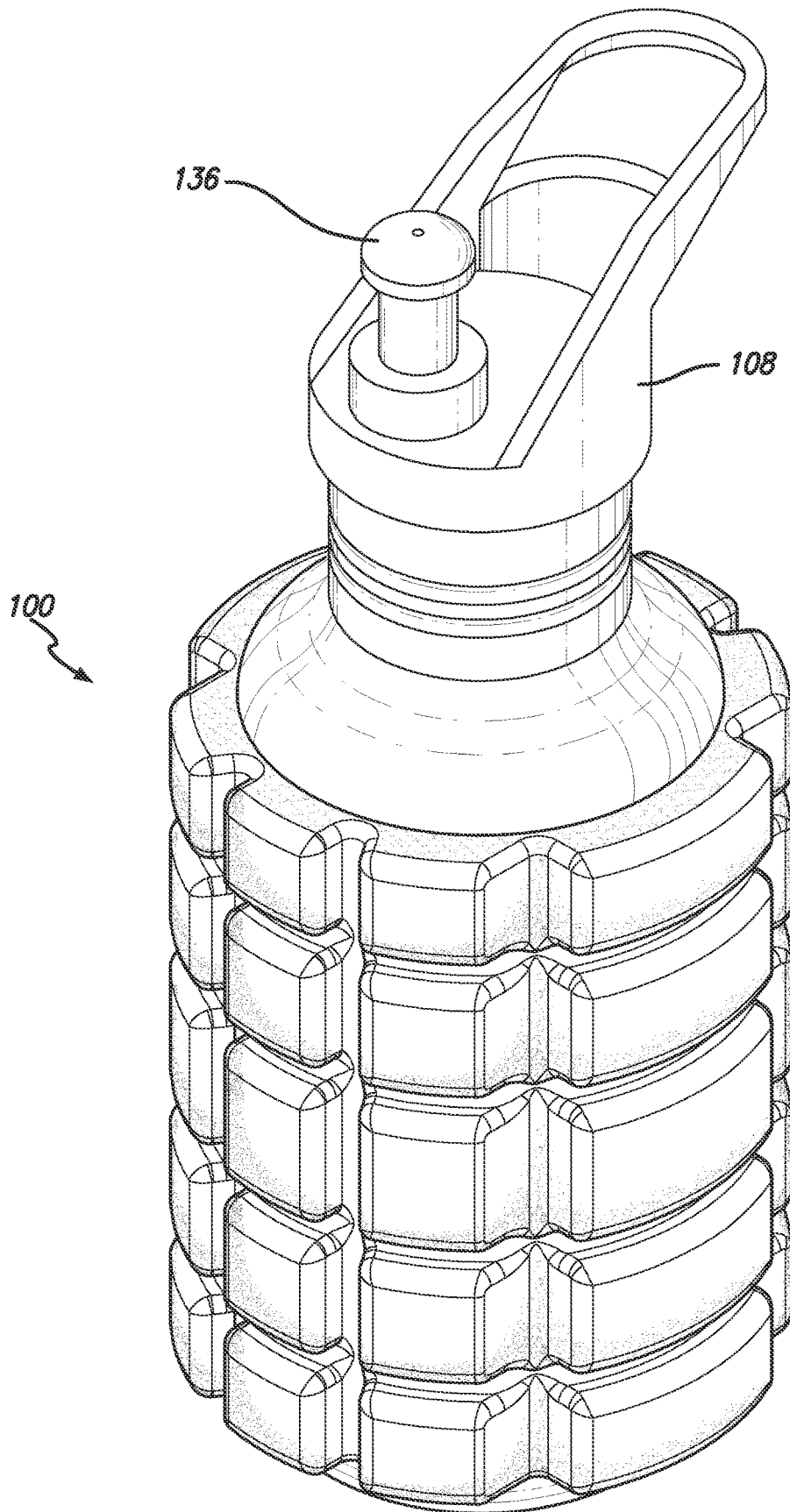


FIG. 11

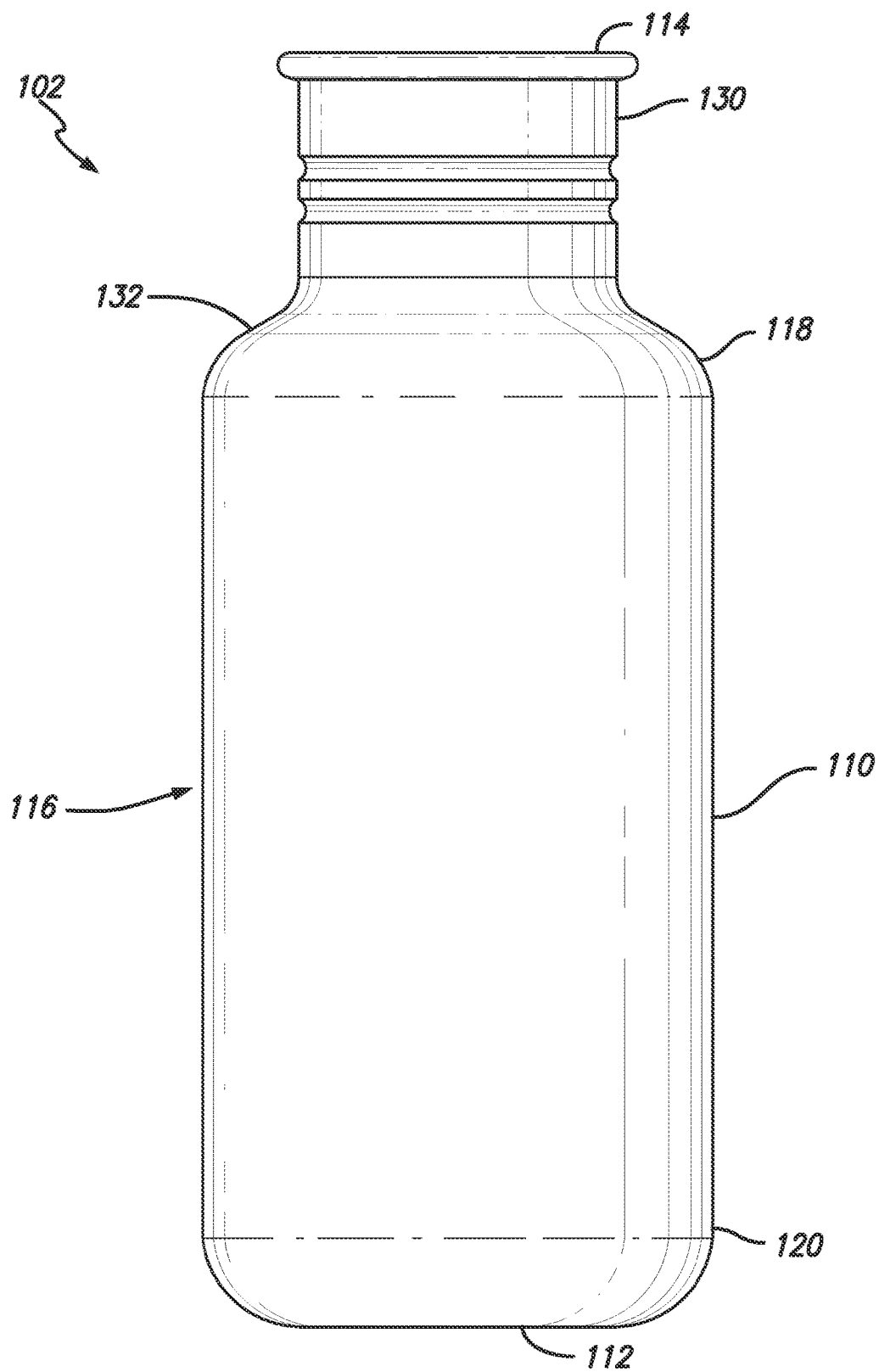


FIG. 12

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SELF-MASSAGE ROLLER AND BOTTLE**CROSS-REFERENCES TO RELATED APPLICATIONS**

This patent application claims priority to Provisional Application No. 61/875,696 filed Sep. 10, 2013. That application is incorporated here by this reference.

TECHNICAL FIELD

This invention relates to the field of exercise and mobility products, more particularly to bottles having exterior padding, and that are configured and adapted to function both as a vessel for holding liquids for consumption by a user and as a roller for myofascial flexibility and muscle tension release for the user.

BACKGROUND ART

Myofascial rollers have become an important piece of equipment in the field of exercise and mobility. Use of a foam roller provides numerous benefits to its user in terms of flexibility and decreasing muscle tension. A foam roller also can be used in warm up and recovery. Currently available rollers are normally large in size, causing portability problems. Typically, a person's equipment bag or usual carrying case or purse is very full with numerous items that one wishes to carry. And carrying around, in addition, an oversized foam roller is a problem for many.

Conventional rollers are normally cylindrical in shape and constructed from a variety of foams. As used in the field of exercise, a bottle is a vessel typically used for rehydration during or after exercise. Rehydration is extremely important for people's health and wellbeing.

Embodiments of the presently described self-massage roller and bottle solve problems associated with the conventional, relatively large, foam roller products by providing a drink bottle with a foam roller covering, and a lid having an easy pour spout. The presently described self-massage roller and bottle can be taken wherever the user requires hydration and myofascial release.

The self-massage roller and bottle is a single device with structures that provide for combined rehydration and myofascial release. As such, it serves to remind people to do both. With its relatively small size, it is convenient and can be taken virtually anywhere. And the integrated design saves space in the user's equipment bag, carrying case, or purse.

The presently described self-massage roller and bottles can be made in a variety of sizes, shapes and configurations; can have any of a variety of coverings made from different types of foams or to other materials; and the coverings can have any of a variety of surface configurations. Embodiments of the presently described self-massage roller and bottles can be manufactured in a range of sizes and can have different shapes, styles, and densities of foam coverings.

DISCLOSURE OF INVENTION

Embodiments of the present invention combine the traditional benefits of a foam roller with the traditional benefits of hydration by using a drink bottle. The invention uses a bottle as the core of the roller. The bottle is a vessel for liquid rehydration and also provides a very strong core for functioning as a foam roller.

Accordingly, one aspect of the invention can be viewed as a self-massage roller with bottle. This self-massage roller

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has a bottle and a covering. In versions of the invention, the self-massage roller with bottle also includes a removable cap. The bottle has a body, a bottom, and a top. The body has an outer surface, a top end, and a bottom end. The bottom closes the bottom end of the body. The top is at the top end of the body and allows access to the interior of the bottle.

The bottle is preferably formed from type-304 stainless steel having a wall thickness of 0.5 mm to provide strength sufficient to carry or support great weight needed for use in myofascial release. In some embodiments, the top includes a neck, which may be threaded to mate with a threaded cap.

In one version, the covering includes a base layer and a plurality of nubs. The base layer overlays the outer surface of the body. Preferably, the covering is relatively tightly positioned around a significant portion of the body and extends along the body for a significant portion of its top-to-bottom length. Each nub in the plurality of nubs protrudes from the base layer in a direction radially away from the outer surface of the body. Each nub is a massage element, and the plurality of nubs forms a textured surface for myofascial release of certain muscles of the user. Preferably, each nub is made of relatively dense synthetic foam, such as ethylene vinyl acetate (EVA).

In a version of the invention, the covering is applied to the bottle by way of a hot press mold and glue. In an embodiment, each nub is attached directly to the outer surface of the bottle without an intervening base layer.

In versions with a cap, the cap may include a flip-up spout, or it may have a plunger valve that opens upon pulling the plunger outward and closes upon pushing in the plunger. Other known designs are also suitable.

BRIEF DESCRIPTION OF DRAWINGS

FIG. 1 is a perspective view of an embodiment of a Self-Massage Roller and Bottle.

FIG. 2 is a front view of the embodiment of the Self-Massage Roller and Bottle shown in FIG. 1. The rear view is identical to this front view.

FIG. 3 is a right side view of the embodiment of the Self-Massage Roller and Bottle shown in FIG. 1. The left side view is identical to this right side view.

FIG. 4 is a top view of the embodiment of the Self-Massage Roller and Bottle shown in FIG. 1.

FIG. 5 is a bottom view of the embodiment of the Self-Massage Roller and Bottle shown in FIG. 1.

FIG. 6 is a cross section taken through the line indicated in FIG. 2, showing nubs having a semi-elliptical cross-section.

FIG. 7 is a perspective view of an alternative embodiment of a Self-Massage Roller and Bottle.

FIG. 8 is a front view of the embodiment of the Self-Massage Roller and Bottle shown in FIG. 7.

FIG. 9 is a cross section taken through the line indicated in FIG. 8, showing nubs having a trapezoidal cross-section.

FIG. 10 is a perspective view of a version of the Self-Massage Roller and Bottle with a flip-up spout.

FIG. 11 is a perspective view of a version of the Self-Massage Roller and Bottle with a plunger valve.

FIG. 12 is a front view of a version of the bottle, shown in isolation.

BEST MODE FOR CARRYING OUT THE INVENTION

The detailed description set forth below in connection with the appended drawings is intended as a description of

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presently-preferred embodiments of the invention and is not intended to represent the only forms in which the present invention may be constructed or utilized. The description sets forth the functions and the sequence of steps for constructing and operating the invention in connection with the illustrated embodiments. However, it is to be understood that the same or equivalent functions and sequences may be accomplished by different embodiments that are also intended to be encompassed within the spirit and scope of the invention.

By also referring to the drawings, the present invention is directed to a self-massage roller with bottle **100**. The self-massage roller with bottle **100** has a bottle **102** and a covering **104**. In versions of the invention, the self-massage roller with bottle **100** also includes a cap **106**, which is preferably removable.

The bottle **102** has a body **110**, a bottom **112**, and a top **114**. The body **110** has an outer surface **116**, a top end **118**, and a bottom end **120**. The bottom **112** closes the bottom end **120** of the body **110**. The top **114** is at the top end **118** of the body **110** and allows access to the interior **108** of the bottle **102**. The body **110**, the bottom **112**, and the top **114** form the bottle **102**, with access to the interior **108** of the bottle **102** through the top **114**.

The bottle **102** is preferably formed from type-304 stainless steel having a wall thickness of 0.5 mm to provide sufficient strength to carry or support great weight needed for use in myofascial release. This wall thickness provides a bottle **102** that is stronger and more durable than the typical 0.3 mm to 0.4 mm thicknesses present in other steel bottles. However, other materials and thicknesses can be used if they provide sufficient strength to permit the bottle **102** to function as a myofascial release device, and if they can be used for bottles that contain liquids for human consumption. For example, the bottle **102** may be fashioned from synthetic fibers or synthetic composites. Preferably, the bottle **102** does not include Bisphenol A (BPA). In a version of the invention, the body **110** is a cylinder, and it may be a right circular cylinder. In some embodiments, the top **114** includes a neck **130**, which is threaded in some versions. In some versions, the top **114** includes a tapered region **132**, and the tapered region **132** joins the top end **118** of the body **110** to the neck **130**.

The bottle **102** provides a vessel to carry rehydration liquid, such as water, energy drinks, protein shakes, and healthy green smoothies. The bottle **102** can vary in size, shape, and volume of capacity, as long as it can be used as a myofascial release device and contain liquids for human consumption. The presently preferred volumes of capacity are 12, 18, 27, and 40 ounces. The dimensions vary with the embodiment, but a bottle **102** having a capacity of about eighteen ounces typically has a bottle height **142** of 180 mm (about 7.1 inches), a body diameter **144** of 72.5 mm (about 2.9 inches), a top height **146** of 44 mm, and a neck diameter **148** of 44 mm.

The covering **104** includes a base layer **122** and a plurality of nubs **124**. The base layer **122** overlays the outer surface **116** of the body **110**. Preferably, the covering **104** is relatively tightly positioned around a significant portion of the body **110** and extends along the body **110** for a significant portion of its top-to-bottom length. In general the covering **104** extends over more than half of the length of the body **110** to provide sufficient surface area to contact a user's leg during use. Each nub in the plurality of nubs **124** protrudes from the base layer **122** in a direction radially away **126** from the outer surface **116** of the body **110**. Each nub is a massage element, and the plurality of nubs **124** forms a

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textured surface **128** for myofascial release of certain muscles of the user. In some versions of the invention, the plurality of nubs **124** is at least fifteen nubs distributed about the base layer **122**.

Preferably, each nub is made of relatively dense synthetic foam. Most preferably, the synthetic foam is ethylene vinyl acetate (EVA). However, materials of different densities can be used to offer the user a range of different massages for myofascial release by providing a relatively harder or softer feel. For example, the base layer **122** or the plurality of nubs **124** could be made from natural or synthetic rubber, including recycled rubber. It is also contemplated that materials with different densities may be used within a single self-massage roller with bottle **100** to provide a range of massages as the user rotates the self-massage roller with bottle **100**.

While the surface texture and pattern for the plurality of nubs **124** may vary, the presently preferred embodiments are shown in the accompanying figures. The various surface textures and patterns offer the user a range of different massages. In some embodiments, each nub has a radial cross-section that is semi-elliptical **138**. This includes cross-sections that semi-circular. In other embodiments, each nub has a radial cross-section that is trapezoidal **140**. In yet another version, each nub has a radial cross-section that is semi-circular and each nub is arranged longitudinally on the outer surface **116**, extending from near the top end **118** to near the bottom end **120** of the body **110**. That embodiment was depicted in Provisional Application No. 61/875,696.

In the presently preferred embodiment where each nub has a radial cross-section that is semi-elliptical **138**, the nub radius **150** preferably is between 7.0 mm (about 0.28 inches) and 8.5 mm (about 0.33 inches), and the nub length **152** preferably is between 49.5 mm to 59.5 mm. In the presently preferred embodiment where each nub has a radial cross-section that is trapezoidal **140**, the nub length **154** preferably is 20 mm (about 0.79 inches) or 41 mm (about 1.6 inches), the nub width **156** preferably is 20 mm (about 0.79 inches), and the nub width **158** preferably is 7.0 mm (about 0.28 inches).

In a version of the invention, the covering **104** is applied to the bottle **102** by way of a hot press mold and glue. In an embodiment, each nub is attached directly to the outer surface **116** of the bottle **102** without an intervening base layer **122**.

In versions with a cap **106**, the cap **106** may include a flip-up spout **134**, or it may have a plunger valve **136** that opens upon pulling the plunger outward and closes upon pushing in the plunger. Examples are shown in the Figures. Other spout designs are also effective, but the cap **106** preferably is a flip-up spout **134** made of BPA-free plastic. The cap **106** mates with the neck **130** to close the top **114** of the bottle **102**.

The bottle **102** and cap **106** provide two methods of delivering liquid to the user. One is by completely unscrewing the cap **106** to remove it. The individual user can then drink directly from the top **114** of the bottle **102** or pour the liquid into another container, such as a cup. The second method, which provides faster access, is to use the flip-up spout **134** or another spout design. This is ideal for people who, for example, are exercising. Such people typically require a quick drink so they can continue their exercise. The bottle **102** can sit on its bottom **112**, or lie down on its side outer surface **116**.

Preferably, during non-use the self-massage roller with bottle **100** is intended to stand upright on its bottom **112**, although it may be placed inside of carrying cases; so the

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orientation will vary. When used for myofascial release the self-massage roller with bottle **100** is placed on its side outer surface **116**, horizontally on the floor or other surface. The user rolls the self-massage roller with bottle **100** on its side outer surface **116** on the floor, and has the user's body part (for example, a leg) positioned on top of at least a portion of the plurality of nubs **124**. The user may press downward to increase the pressure applied to the body part, or the user may simply roll the self-massage roller with bottle **100** along the body part so that only gravity pressure is applied. In one aspect of use, the pressure is applied to the body part through the user rolling on the self-massage roller with bottle **100** and using the user's body weight to generate pressure on the body part(s) that contact the self-massage roller with bottle **100**.

While the present invention has been described with regards to particular embodiments, it is recognized that additional variations of the present invention may be devised without departing from the inventive concept.

INDUSTRIAL APPLICABILITY

This invention may be industrially applied to the development, manufacture, and use of bottles having exterior padding and that are configured and adapted to function both as a vessel for holding liquids for consumption by a user and as a roller for myofascial flexibility and muscle tension release for the user.

What is claimed is:

1. A self-massage roller having a container for liquids, the roller comprising:

- (a) a bottle, the bottle having an interior, the bottle being formed from food-grade type-304 stainless steel having a wall thickness of 0.5 mm to support a body weight of a user, the bottle not comprising Bisphenol A (BPA), the bottle comprising:
 - (i) a body, the body being a right circular cylinder, the body having an outer surface, a top end, and a bottom end, and the body having a top-to-bottom length extending from the top end of the body to the bottom end of the body,
 - (ii) a bottom, the bottom closing the bottom end of the body, and
 - (iii) a top, the top comprising a threaded neck and a tapered region, the threaded neck comprising a right circular cylinder, the tapered region connecting the top end of the body to the threaded neck;
- (b) a removable cap, the cap being threaded to mate with the threaded neck to close the top of the bottle, the cap having a flip-up spout; and
- (c) a covering, the covering comprising a base layer and a plurality of nubs, the base layer wrapping around substantially all of the outer surface of the body, the base layer having a first side proximate to the top end of the body and a second side proximate to the bottom end of the body, each nub protruding from the base layer in a direction radially away from the outer surface of the body, each nub having a pair of opposing nub ends, each nub comprising a dense material, each nub having a nub length, the dense material of each nub being a synthetic foam massage element, the synthetic foam being non-toxic ethylene vinyl acetate (EVA), the plurality of nubs forming a textured surface, the plurality of nubs being at least fifteen nubs distributed about the base layer, the plurality of nubs having a radial cross-section that is semi-elliptical with a nub radius shorter than a nub length with the nub length

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being between 49.5 mm to 59.5 mm, or a radial cross-section that is trapezoidal with a nub depth shorter than the nub length with the nub length being 20 mm or 41 mm;

wherein the body, the bottom, and the top form the bottle with access to the interior of the bottle through the threaded neck upon removing the cap or opening the flip-up spout;

wherein the plurality of nubs is distributed about the base layer as alternating segments of at least two different surface textures, the alternating segments comprising at least one segment of a first surface texture and at least one other segment of a second surface texture;

wherein each segment of the first surface texture comprises a single array of nubs extending from the first side of the base layer to the second side of the base layer, all nubs of the single array having the same shape and dimensions, each nub of the single array vertically spaced apart from another nub of the single array, and all nubs of the single array arranged longitudinally along a first direction perpendicular to the top-to-bottom length of the body;

wherein each segment of the second surface texture comprises a first sequence of nubs with alternating nub lengths arranged in a first alternating order and a second sequence of nubs with alternating nub lengths arranged in a second alternating order that is complementary to the first alternating order, each nub of each sequence having a nub length that is either shorter or longer than another nub of the same sequence that is adjacent to the nub, each nub of each sequence horizontally spaced apart from another nub of the same sequence, all nubs of each sequence arranged longitudinally along a second direction parallel to the top-to-bottom length of the body, all nubs of each sequence having the same shape, and the first sequence disposed above the second sequence, such each nub of the first sequence is positioned directly above and vertically spaced apart from another nub of the second sequence having a nub length that is either shorter or longer than the nub of the first sequence;

wherein the wall thickness of the bottle, the dense material of each nub, and a nub length of each nub together support the body weight of the user when the roller is placed horizontally on a side of the outer surface of the body and a body part of the user is positioned on top of a portion of the plurality of nubs;

wherein one or more opposing nub ends of one or more nubs of the plurality of nubs apply and sustain pressure on one or more body parts of the user when the one or more body parts roll on the roller and come in direct rolling contact with the one or more nubs, the one or more opposing nub ends massaging and releasing muscle tension from different muscle tissues of the one or more body parts;

wherein the alternating segments massage muscle tissues of a body part of the user along different directions when the body part rolls on the roller and transitions from coming in direct rolling contact with a segment of the first surface texture to coming in direct rolling contact with another segment of the second surface texture; and

wherein each opposing nub end of each nub disposed at an side of the base layer applies and sustains pressure on a body part of the user to massage and release

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muscle tension from muscle tissues of the body part when the body part is pressed against the side of the base layer.

2. A self-massage roller, the roller comprising:

(a) a bottle, the bottle formed from stainless steel having a wall thickness of 0.5 mm to support a body weight of a user, the bottle having an interior, the bottle comprising:

(i) a body, the body having an outer surface, a top end, and a bottom end, and the body having a top-to-bottom length extending from the top end of the body to the bottom end of the body,

(ii) a bottom, the bottom closing the bottom end of the body, and

(iii) a top at the top end of the body, the top allowing access to the interior of the bottle; and

(b) a covering, the covering comprising a base layer and a plurality of nubs, the base layer overlaying the outer surface of the body, the base layer having a first side proximate to the top end of the body and a second side proximate to the bottom end of the body, the plurality of nubs protruding from the base layer in a direction radially away from the outer surface of the body, each nub being a massage element, each nub having a pair of opposing nub ends, each nub comprising a dense material, each nub having a nub length, the plurality of nubs together forming a textured surface for myofascial release, the plurality of nubs having a radial cross-section that is semi-elliptical with a nub radius shorter than a nub length with the nub length being between 49.5 mm to 59.5 mm, or a radial cross-section that is trapezoidal with a nub depth shorter than the nub length with the nub length being 20 mm or 41 mm;

wherein the body, the bottom, and the top form the bottle with access to the interior of the bottle through the top;

wherein the plurality of nubs is distributed about the base layer as alternating segments of at least two different surface textures, the alternating segments comprising at least one segment of a first surface texture and at least one other segment of a second surface texture;

wherein each segment of the first surface texture comprises a single array of nubs extending from the first side of the base layer to the second side of the base layer, all nubs of the single array having the same shape and dimensions, each nub of the single array vertically spaced apart from another nub of the single array, and all nubs of the single array arranged longitudinally along a first direction perpendicular to the top-to-bottom length of the body;

wherein each segment of the second surface texture comprises a first sequence of nubs with alternating nub lengths arranged in a first alternating order and a second sequence of nubs with alternating nub lengths arranged in a second alternating order that is complementary to the first alternating order, each nub of each sequence having a nub length that is either shorter or longer than another nub of the same sequence that is adjacent to the nub, each nub of each sequence horizontally spaced apart from another nub of the same sequence, all nubs of each sequence arranged longitudinally along a second direction parallel to the top-to-bottom length of the body, all nubs of each sequence having the same shape, and the first sequence disposed above the second sequence, such each nub of the first sequence is positioned directly above and vertically spaced apart from another nub of the second sequence

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having a nub length that is either shorter or longer than the nub of the first sequence;

wherein the wall thickness of the bottle, the dense material of each nub, and a nub length of each nub together support the body weight of the user when the roller is placed horizontally on a side of the outer surface of the body and a body part of the user is positioned on top of a portion of the plurality of nubs;

wherein one or more opposing nub ends of one or more nubs of the plurality of nubs apply and sustain pressure on one or more body parts of the user when the one or more body parts roll on the roller and come in direct rolling contact with the one or more nubs, the one or more opposing nub ends massaging and releasing muscle tension from different muscle tissues of the one or more body parts;

wherein the alternating segments massage muscle tissues of a body part of the user along different directions when the body part rolls on the roller and transitions from coming in direct rolling contact with a segment of the first surface texture to coming in direct rolling contact with another segment of the second surface texture; and

wherein each opposing nub end of each nub disposed at an side of the base layer applies and sustains pressure on a body part of the user to massage and release muscle tension from muscle tissues of the body part when the body part is pressed against the side of the base layer.

3. The roller of claim 2, wherein:

the bottle is formed from type-304 stainless steel; and the covering is applied to the bottle by way of a hot press mold and glue, the covering extending over more than half of the top-to-bottom length of the body, and the wall thickness of the bottle further supporting the covering.

4. The roller of claim 2, wherein the interior of the bottle is a vessel for holding liquids available for consumption.

5. The roller of claim 2, wherein the bottle does not include Bisphenol A (BPA).

6. The roller of claim 2, wherein the body is a cylinder.

7. The roller of claim 6, wherein the body is a right circular cylinder.

8. The roller of claim 2, wherein the top has a neck comprising a cylinder.

9. The roller of claim 8, wherein the neck is threaded.

10. The roller of claim 8, wherein the top further has a tapered region joining the top end of the body to the neck.

11. The roller of claim 2, wherein the roller further comprises a removable cap.

12. The roller of claim 11, wherein the cap has a flip-up spout.

13. The roller of claim 11, wherein the cap comprises a plunger valve.

14. The roller of claim 11, wherein the cap mates with the neck to close the top of the bottle.

15. The roller of claim 2, wherein the plurality of nubs comprise at least fifteen nubs distributed about the base layer.

16. The roller of claim 2, wherein:

the user utilizes the roller for myofascial release by rolling the roller on one or more body parts of the user or rolling the one or more body parts of the user on the roller;

the dense material of each nub is synthetic foam; and the wall thickness of the bottle, the dense material of each nub, and a nub length of each nub allows each opposing

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nub end of each nub to maintain its shape and apply and sustain pressure on a body part of the user when the body part of the user is in direct contact with the nub, thereby preventing a partial collapse of the nub in response to the body weight of the user pressing down on a portion of the plurality of nubs.

17. The roller of claim 16, wherein the synthetic foam is ethylene vinyl acetate (EVA).

18. The roller of claim 2, wherein each nub having a radial cross-section that is semi-elliptical has a nub radius between 7.0 mm and 8.5 mm.

19. The roller of claim 2, wherein each nub having a radial cross-section that is trapezoidal has a nub width of 20 mm or a nub depth of 7 mm.

20. A massage roller comprising:

- (a) a rigid bottle, the bottle formed from stainless steel having a wall thickness of 0.5 mm to support a body weight of a user, the bottle having an interior, the bottle comprising:
 - (i) a cylindrical body, the body having an outer surface, a top end, and a bottom end, and the body having a top-to-bottom length extending from the top end of the body to the bottom end of the body,
 - (ii) a bottom, the bottom closing the bottom end of the body, and
 - (iii) a top, the top comprising a cylindrical neck;

(b) a removable cap, the cap being shaped and dimensioned to attach to and detach from the neck; and

(c) a plurality of nubs, each nub protruding from the outer surface of the body in a direction radially away from the outer surface of the body, each nub being a massage element, each nub having a pair of opposing nub ends, each nub comprising a dense material, each nub having a nub length, the plurality of nubs having a radial cross-section that is semi-elliptical with a nub radius shorter than a nub length with the nub length being between 49.5 mm to 59.5 mm, or a radial cross-section that is trapezoidal with a nub depth shorter than the nub length with the nub length being 20 mm or 41 mm;

wherein the body, the bottom, and the top form the bottle with access to the interior of the bottle through the neck when the cap is detached;

wherein the plurality of nubs form a textured surface for myofascial release;

wherein the plurality of nubs is distributed about the outer surface of the body as alternating segments of at least two different surface textures, the alternating segments comprising at least one segment of a first surface texture and at least one other segment of a second surface texture;

wherein each segment of the first surface texture comprises a single array of nubs extending from the top end of the body to the bottom end of the body, all nubs of the single array having the same shape and dimensions, each nub of the single array vertically spaced apart from another nub of the single array, and all nubs of the single array arranged longitudinally along a first direction perpendicular to the top-to-bottom length of the body;

wherein each segment of the second surface texture comprises a first sequence of nubs with alternating nub lengths arranged in a first alternating order and a second sequence of nubs with alternating nub lengths arranged in a second alternating order that is complementary to the first alternating order, each nub of each sequence having a nub length that is either shorter or longer than another nub of the same sequence that is

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adjacent to the nub, each nub of each sequence horizontally spaced apart from another nub of the same sequence, all nubs of each sequence arranged longitudinally along a second direction parallel to the top-to-bottom length of the body, all nubs of each sequence having the same shape, and the first sequence disposed above the second sequence, such each nub of the first sequence is positioned directly above and vertically spaced apart from another nub of the second sequence having a nub length that is either shorter or longer than the nub of the first sequence;

wherein the wall thickness of the bottle, the dense material of each nub, and a nub length of each nub together support the body weight of the user when the roller is placed horizontally on a side of the outer surface of the body and a body part of the user is positioned on top of a portion of the plurality of nubs;

wherein one or more opposing nub ends of one or more nubs of the plurality of nubs apply and sustain pressure on one or more body parts of the user when the one or more body parts roll on the roller and come in direct rolling contact with the one or more nubs, the one or more opposing nub ends massaging and releasing muscle tension from different muscle tissues of the one or more body parts;

wherein the alternating segments massage muscle tissues of a body part of the user along different directions when the body part rolls on the roller and transitions from coming in direct rolling contact with a segment of the first surface texture to coming in direct rolling contact with another segment of the second surface texture; and

wherein each opposing nub end of each nub disposed at either the top end or the bottom end of the body applies and sustains pressure on a body part of the user to massage and release muscle tension from muscle tissues of the body part when the body part is pressed against the end of the body.

21. A massage roller comprising:

(a) a rigid bottle, the bottle having an interior, the bottle being formed from food-grade type-304 stainless steel having a wall thickness of 0.5 mm to support a body weight of a user, the bottle not comprising Bisphenol A (BPA), the bottle comprising:

(i) a body, the body being a right circular cylinder, the bottle having an outer surface, a top end, and a bottom end, and the body having a top-to-bottom length extending from the top end of the body to the bottom end of the body,

(ii) a bottom, the bottom closing the bottom end of the body, and

(iii) a top, the top comprising a threaded neck and a tapered region, the threaded neck comprising a right circular cylinder, the tapered region connecting the top end of the body to the threaded neck;

(b) a removable cap, the cap being shaped and dimensioned to attach to and detach from the neck; and

(c) a covering wrapping around substantially all of the outer surface of the body, the covering comprising a base layer and a plurality of nubs, the base layer overlaying the outer surface of the body, the base layer having a first side proximate to the top end of the body and a second side proximate to the bottom end of the body, the plurality of nubs protruding from the base layer in a direction radially away from the outer surface of the body, each nub being a massage element, each nub having a pair of opposing nub ends, each nub

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comprising a dense material, each nub having a nub length, the dense material of each nub comprising synthetic foam, and the plurality of nubs together form a surface for myofascial release;

wherein the body, the bottom, and top form the bottle with access to the interior of the bottle through the neck when the cap is detached;

wherein the plurality of nubs is distributed about the base layer as alternating segments of at least two different surface textures, the alternating segments comprising at least one segment of a first surface texture and at least one other segment of a second surface texture;

wherein each segment of the first surface texture comprises a single array of nubs extending from the first side of the base layer to the second side of the base layer, all nubs of the single array having the same shape and dimensions, each nub of the single array vertically spaced apart from another nub of the single array, and all nubs of the single array arranged longitudinally along a first direction perpendicular to the top-to-bottom length of the body;

wherein each segment of the second surface texture comprises a first sequence of nubs with alternating nub lengths arranged in a first alternating order and a second sequence of nubs with alternating nub lengths arranged in a second alternating order that is complementary to the first alternating order, each nub of each sequence having a nub length that is either shorter or longer than another nub of the same sequence that is adjacent to the nub, each nub of each sequence horizontally spaced apart from another nub of the same sequence, all nubs of each sequence arranged longitudinally along a second direction parallel to the top-to-bottom length of the body, all nubs of each sequence

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having the same shape, and the first sequence disposed above the second sequence, such each nub of the first sequence is positioned directly above and vertically spaced apart from another nub of the second sequence having a nub length that is either shorter or longer than the nub of the first sequence;

wherein the wall thickness of the bottle, the dense material of each nub, and a nub length of each nub together support the body weight of the user when the roller is placed horizontally on a side of the outer surface of the body and a body part of the user is positioned on top of a portion of the plurality of nubs;

wherein one or more opposing nub ends of one or more nubs of the plurality of nubs apply and sustain pressure on one or more body parts of the user when the one or more body parts roll on the roller and come in direct rolling contact with the one or more nubs, the one or more opposing nub ends massaging and releasing muscle tension from different muscle tissues of the one or more body parts;

wherein the alternating segments massage muscle tissues of a body part of the user along different directions when the body part rolls on the roller and transitions from coming in direct rolling contact with a segment of the first surface texture to coming in direct rolling contact with another segment of the second surface texture; and

wherein each opposing end of each nub disposed at an side of the base layer applies and sustains pressure on a body part of the user to massage and release muscle tension from muscle tissues of the body part when the body part is pressed against the side of the base layer.

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